



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #10

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Fruit Cocktail- canned, unsweetened	Strawberries- fresh	Apple Slices- fresh	Banana- fresh	Peaches- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Whole Wheat Toast (WG)	Graham Crackers	Whole Wheat Mini Bagel (WG)	Waffles	WG Cinnamon Crunchy Oat Squares cereal (WG)
Other Foods 1x Meat/MA, 1x sweet		Vanilla Yogurt	Cream Cheese	Syrup (sweet)	
LUNCH	Sloppy Joes (HM)	Ham and Beans	Breakfast for Lunch	Fish Sticks (CN)	Spaghetti with Meat Sauce
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Green Beans- canned	Broccoli- frozen	Hash Browns- frozen	Peas- canned	Tossed Salad- fresh
3x fresh	Cantaloupe- fresh	Pears- canned, unsweetened	Banana- fresh	Applesauce- unsweetened	Fruit Cocktail- canned, unsweetened
Grains/Bread Component 2x Whole Grain	Hamburger Bun	Cornbread	Whole Wheat Toast (WG)	Breading (CN)	Whole Wheat Spaghetti (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef	Ham, Beans	Scrambled Eggs	Fish Sticks (CN)	Ground Beef
Other Foods	Sloppy Joe Sauce			Mashed Potatoes- dried	Tomato Sauce, Hard Boiled Egg, Ranch Dressing
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Apple Slices- fresh			Pears- canned, unsweetened
Grains/Bread Component 2x Whole Grain, 1x sweet	Saltine Crackers	Cookies (sweet)	Chocolate Cheerios cereal (WG)	Soft Pretzel	Whole Wheat Goldfish Crackers (WG)
Meat or Meat Alternate 1x Meat/Meat Alternate	Mozzarella Cheese Stick				
Other Foods					

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



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WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Pears- canned, unsweetened	Orange Slices- fresh	Applesauce- unsweetened	Banana- fresh	Pineapple- canned, unsweetened
Grains/Bread Component 5x Whole Grain, 1x sweet	Whole Wheat Toast (WG)	Granola Bar (WG) (sweet)	Whole Wheat Mini Bagel (WG)	Whole Wheat English Muffin (WG)	Berry Berry Kix cereal (WG)
Other Foods			Cream Cheese		
LUNCH					
	Turkey with Gravy	Meatballs (CN)	Pancake Sausage Bites (CN)	Chicken Alfredo	Turkey and Cheese Wrap
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Mashed Potatoes- dried	Green Beans- canned	Sliced Oranges- fresh	Peas- canned	Cauliflower- fresh; Celery- fresh
5x fresh	Peaches- canned, unsweetened	Grapes- fresh	Banana- fresh	Applesauce- unsweetened	Grapes- fresh
Grains/Bread Component 1x Whole Grain	Stuffing	Egg Noodles	Pancake Sausage Bites (CN)	Whole Wheat Spaghetti (WG)	Tortilla
Meat or Meat Alternate 2x highly processed	Lean Turkey	Meatballs (CN)	Pancake Sausage Bites (CN)	Chicken	Lean Turkey, Cheese
Other Foods	Gravy			Alfredo Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Strawberries- fresh	Grapes- fresh		
Grains/Bread Component 3x Whole Grain, 1x sweet	Frosted Cheerios cereal (WG)	Animal Crackers	Wheat Thins (WG)	Pretzels	NutriGrain Bar (WG) (sweet)
Meat or Meat Alternate 1x Meat/Meat Alternate				Cheddar Cheese Stick	
Other Foods					



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Egg and Cheese Tortilla	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Slices Oranges- fresh	Banana- fresh	Apple Slices- fresh	Peaches- canned, unsweetened	Pears- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Whole Wheat Toast (WG)	French Toast Sticks	Whole Wheat Mini Bagel (WG)	Tortilla	Chocolate Cheerios cereal (WG)
Other Foods 1x Meat/MA, 1x sweet		Syrup (sweet)		Egg, Cheese	
LUNCH	Ham and Mac 'n Cheese (HM)	Meatloaf (HM)	Chicken Salad Sandwich (HM)	Chicken Breast	Beef Tacos
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Broccoli- frozen	Mashed Potatoes- dried	Cooked Carrots- canned	Peas- canned	Corn- canned
2x fresh	Fruit Cocktail- canned, unsweetened	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Sliced Oranges- fresh	Tomato, Lettuce- fresh
Grains/Bread Component 3x Whole Grain	Elbows	Whole Wheat Roll (WG)	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Tortilla
Meat or Meat Alternate 0x highly processed	Ham Cubes	Ground Beef	Chicken	Chicken	Ground Beef
Other Foods	Cheese				Black Beans- canned
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Parfait			
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Strawberries- fresh			Pineapple- canned, unsweetened
Grains/Bread Component 3x Whole Grain, 1x sweet	Graham Crackers	Granola (WG) (sweet)	WG Cinnamon Crunchy Oat Squares cereal (WG)	Soft Pretzel	Whole Wheat Goldfish Crackers (WG)
Meat or Meat Alternate 1x Meat/Meat Alternate		Vanilla Yogurt			
Other Foods					

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Strawberries- fresh	Fruit Cocktail- canned, unsweetened	Sliced Oranges- fresh	Banana- fresh	Applesauce- unsweetened
Grains/Bread Component 3x Whole Grain	Whole Wheat Toast (WG)	Graham Crackers	Whole Wheat Mini Bagel (WG)	Pancakes	Frosted Cheerios cereal (WG)
Other Foods 1x Meat/MA, 1x sweet		Vanilla Yogurt		Syrup (sweet)	
LUNCH	Turkey Corndog (CN)	Chicken and Cheese Quesadilla	Sun Butter Sandwich with a Hardboiled Egg	Baked Chicken	Cheese Pizza (CN)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Mixed Vegetables- canned	Corn- canned	Cucumber- fresh; Carrots- fresh	Peas- canned	Tossed Salad- fresh
	Pears- canned, unsweetened	Orange Slices- fresh	Fruit Cocktail- canned, unsweetened	Apple Slices- fresh	Peaches- canned, unsweetened
Grains/Bread Component 2x Whole Grain	Breading (CN)	Tortilla	Whole Wheat Bread (WG)	Whole Wheat Roll (WG)	Pizza Crust (CN)
Meat or Meat Alternate 2x highly processed	Turkey Corndog (CN)	Chicken, Cheese	Sun Butter, Hardboiled Egg	Chicken	Cheese Pizza (CN)
Other Foods	Cheese Stick				Hard Boiled Egg, Ranch Dressing
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					Trail Mix
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Cantaloupe- fresh			Grapes- fresh
Grains/Bread Component 3x Whole Grain	Berry Berry Kix cereal (WG)	Animal Crackers	Wheat Thins (WG)	Pretzels	WG Goldfish Crackers (WG), Pretzels
Meat or Meat Alternate 1x Meat/Meat Alternate				Mozzarella Cheese Stick	
Other Foods, 1x sweet					M&Ms (sweet)



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WEEK OF Week 5

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Strawberry Oatmeal		Sun Butter and Banana Sandwich	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Pineapple- canned, unsweetened	Strawberries- fresh	Apple Slices- fresh	Banana- fresh	Pineapple- canned, unsweetened
Grains/Bread Component 5x Whole Grain, 0x sweet	Whole Wheat Toast (WG)	Oatmeal (WG)	Whole Wheat Mini Bagel (WG)	Whole Wheat Bread (WG)	WG Cinnamon Crunchy Oat Squares cereal (WG)
Other Foods 1x Meat/Meat Alternate				Sun Butter	
LUNCH	Polish Sausage	Beef Roast	Bean and Cheese Burrito (HM)	BBQ Chicken (HM)	Grilled Cheese Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Peas- canned	Mashed Potatoes- dried	Corn- canned	Green Beans- canned	Carrots- canned
3x fresh	Grapes- fresh	Pineapple- canned, unsweetened	Cantaloupe- fresh	Pears- canned, unsweetened	Banana- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Roll (WG)	Tortilla	Hamburger Bun	Whole Wheat Bread (WG)
Meat or Meat Alternate 1x highly processed	Polish Sausage	Beef	Bean, Cheese	Chicken	Cheese
Other Foods	Tater Tots- frozen			BBQ Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Parfait			
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Banana- fresh	Peaches- canned, unsweetened			
Grains/Bread Component 3x Whole Grain, 1x sweet	Graham Crackers	Granola (WG) (sweet)	Chocolate Cheerios cereal (WG)	Soft Pretzel	Wheat Thins (WG)
Meat or Meat Alternate 1x Meat/Meat Alternate		Vanilla Yogurt			
Other Foods					